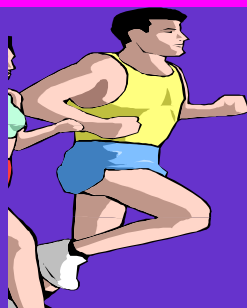


February 2014



HAMPTON PARKS & RECREATION

# Be Fit, Be Well

## 10 Tips for a Healthy Heart

The following tips have been brought to you by the top-notch editors of *Prevention Magazine*.

1. **Eat plenty of fiber and good fat.** Yes, there is such a thing as good fat! New research suggests that inflammation of the arteries may be as big a risk factor for heart disease as being clogged with cholesterol. A high fiber diet with beneficial fats proved better at controlling damaging inflammation than a standard low fat diet. Good sources of fiber include fruits, legumes, nuts, whole grains and vegetables. They have soluble fiber and are rich in omega-3 and 6's. But check the nutrition label for trans-fat count.
2. **Lay off cholesterol and salt.** *Anyone* diagnosed with elevated LDL (bad) cholesterol should consume less than 200 milligrams of cholesterol a day. That equals 1 egg yolk, 8 ounces of skinless-boneless chicken breast, or 10 ounces of lean sirloin. Your goal should be less than 2,300mg of sodium a day.
3. **Lose the gut.** Even if you are not significantly over weight, carrying extra fat around your middle is bad, really bad! The critical point is a waist measurement of 40 inches or more for men and 35 inches or more for women, regardless of height. The only way to get rid of it is to lose weight overall and the best way is through good nutrition and exercise.
4. **Huff and Pump.** Name a cardiac risk factor and regular aerobic and strength exercises can improve it. The American Heart Association and the American College of Sports Medicine state at least 30 minutes of moderate-intensity aerobic activity: brisk walking, low-impact or step aerobics, or cycling. Then do a strength training program twice a week on non-consecutive days to give your muscles time to recover. For more on strength training, call 896-4687.
5. **Calm Down.** Stress (who doesn't have it?), anxiety and panic attacks. These trigger the release of hormones that can threaten your heart. Studies show that people who experience those troubles have more heart attacks and strokes than calmer, more cheerful types. Try Yoga, Tai Chi or Meditation to help relieve stress and relax the body.
6. **Drink a little, but don't smoke.** A little bit of alcohol-1 drink per day for women, 1 or 2 for men can raise HDL (good) cholesterol and reduce inflammation and blood clots. Smoking is just bad all the way around.
7. **Know your CRP number.** That's your elevated levels of C-reactive protein. These serve as a marker for artery inflammation, even if you have no other symptoms. Ask your doctor to include this at your next physical.
8. **Avoid CT Angiography.** This high-tech test uses an ultrafast CT scanner to create a 3-D image of coronary arteries. Unfortunately, it rarely provides any useful information for people without symptoms such as angina and it exposes you to as much as 325 times the radiation of a regular chest X-ray. So if you don't have symptoms, there is no need for this in the first place.
9. **Weight loss, exercise, stopping smoking, and taking cardiovascular medications can work as well as angioplasty.** If an angiogram reveals severe narrowing of more than 2 major arteries, you will need bypass. If blockages are less severe, angioplasty is not a good idea. The doctors on the *Prevention Team* say that for most people diet, exercise and lifestyle changes are more effective in the long run than angioplasty.
10. **Know your symptoms.** A survey published February 2010 by the US Centers for Disease Control and Prevention reveals that everyone knows that chest pain and shortness of breath are symptoms of heart attacks, but of the 71,994 adults researched, only 48% knew that pain and discomfort in the jaw, neck, or back can also be symptoms. Only 62% recognized feeling weak, light-headed, or faint and 85% knew about discomfort in the arms or shoulders. If you experience any of these call your doctor or get to the emergency room. Love your heart and be healthy.

## ***RECIPE OF THE MONTH—Banana Walnut Pancakes***

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What a delicious and wholesome way to start your day. You can also increase the recipe below to give your family a tasty weekend breakfast treat!

Combine 1/3 cup just add water whole-grain pancakes mix and 1/3 cup water stir in 1/2 banana, diced and 5 chopped walnut halves. Mist a nonstick skillet with cooking spray and heat over medium-high heat. Spoon batter into skillet to make 2 pancakes and cook for 2 minutes a side or until golden. Top with 2 tablespoons 2% plain Greek yogurt, 2 teaspoons maple syrup and 1/8 teaspoon cinnamon.



## **CREATIVE MOTIONS**

**Surface Decorating**  
**Decorative Ceramic Painting**  
**Low Cost—High Quality Firing**  
**Wednesdays & Fridays**  
**10am to 12noon**  
**Must have HPR Membership**



**For more information contact:**

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**Fort Monroe, VA 23651**

**Students bring a friend and creativity to express your artistic talent with this ceramic program.**

**Program is on-going from February 5—June 6, 2014.**



## City of Hampton Parks and Recreation

Westhampton Community Center

1638 Briarfield Rd, Hampton, VA 23661 (757) 896-4687

Invites you to join

Wendy Banton, AFAA Certified Personal Trainer

and Fu6ion Fit Master Advisor

10:15-11:15am, Saturday February 22, 2014

Fu6ion Fit is a nonstop, 30 minute athletic based workout that gives you everything you need and want in cardio, strength, core and flexibility. This program is based on a progression development, and "Periodization." **FU6ION FIT is for ALL levels of fitness enthusiasts, men and women alike!**

This master class will introduce you to the Fu6ion Fit concept, then take you through a fun, effective 30 minute workout that will have you sweating and smiling! We will wrap up with a few minutes of question and answer time and a door prize drawing. Call Elizabeth Linthicum, Wellness & Fitness Coordinator at 896-4695 for pre-registration.



## Ask & It Will Be Answered

Q. I'm trying to cut calories and snacks from my diet but I get so hungry during the middle of the day. What healthy snack can I have that will also give me some nutritional benefits?

A. A is for ALMONDS! Not

only are they packed with healthy monounsaturated fats and vitamin E, but they do a number on cravings! People who added about 36 almonds (that's 1 1/2 ounces) to their daily diets weren't as hungry throughout the day, found a new study in the *European Journal*

*of Clinical Nutrition*. But don't just eat almonds with a meal: the greatest hunger reductions happened when the nuts were consumed as either a mid morning or mid afternoon treat. That's a fact worth snacking for!



## HAMPTON PARKS & RECREATION

### Administrative Office

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### Newtown

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### North Phoebus

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### Northampton

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### Senior Services

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### West Hampton

896-4687

### YH Thomas

727-1200

Check us out online  
at [www.hampton.gov](http://www.hampton.gov)  
and “Like” us on  
*Facebook* at  
Hampton Parks &  
Recreation

## SPECIAL POINTS OF INTEREST FOR FEBRUARY

- > *February - National Heart Health Month*
- > *Friday, February 7 - “Go Red Day”*  
*Wear your red in support of heart health*
- > *Saturday, February 8 - VIBES Teen Open Mic; 5pm to 7pm at West Hampton Community Center. FREE! Call 896-4695 for details.*
- > *Tuesday, February 11 - “Have a Healthy Heart”; Wellness After Work Series, 5:15pm to 6:30pm at West Hampton Community Center. FREE! Call 896-4687 for details.*
- > *Saturday, February 15 - “An Evening of Food, Music & Love” Music & Poetry Night 6pm to 8pm at Mulligan's Pub & Grill at the Hampton's Golf Course. Call 896-4692 for details and to RSVP.*
- > *Saturday, February 15 - Family Fitness Fun at West Hampton; 9:30am to 11am. FREE!*

The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability. If you are disabled and have need for a special accommodation in order to participate, please contact us at 727-1601.